Made Dishes SALADS AND SAVORIES

with

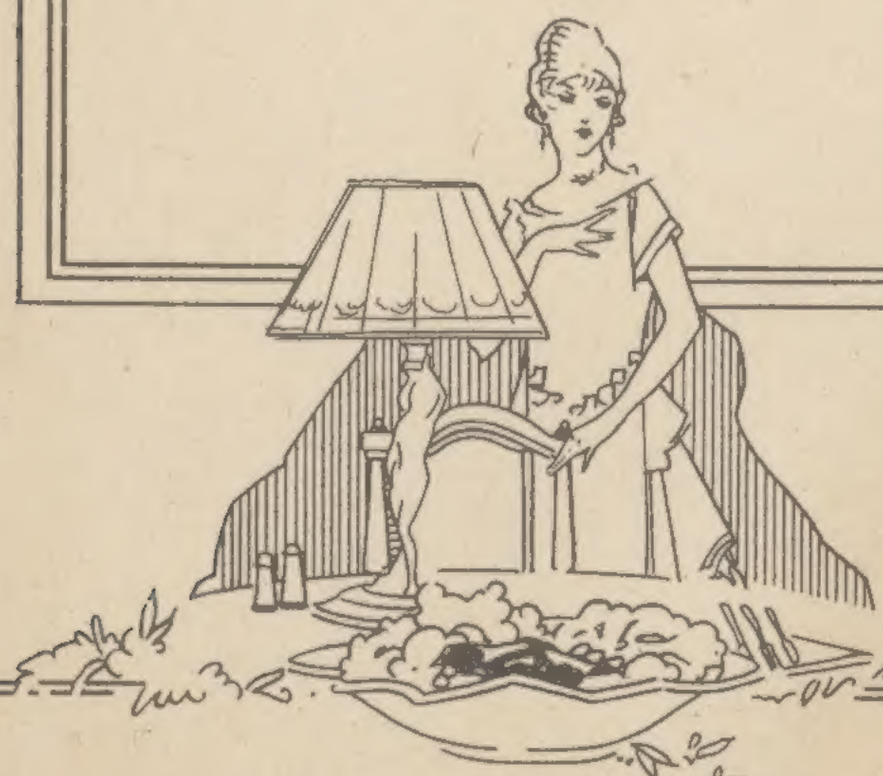
FRENCH'S CREAM SALAD MUSTARD

FRENCH'S

CREAM SALAD

MUSTARD

Makes Salads
Salad Dressings
Sandwiches
Savories



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A WORD TO AMERICAN HOUSEWIVES ON THE ART OF COOKING

By M. JEAN MARIE BERNILLON

Chef, Ritz-Carlton, Philadelphia, Pa.

To American home cooks may I not send my felicitations on your cookery? I do, however, recommend a bit more attention to the piquancy that can be given even the plainest dishes by adding spice, relish and tartar or like things that make for unusual and definite flavor in foods.

Of ham and cabbage, Madame; of your so-called hash, to say nothing of the more dainty dishes, the salads you can change to become a dish "tres excellence" by the use of those things at our hands, which makes for the difference. It is not so much how it is cooked or how it is prepared as it is, Madame, the ingredients.

In my creations of Carlton Sauce, of Roquefort Cheese Dressing, and the like, I use nothing but the finest ingredients. This, of course, means the use of French's Prepared Mustard. I have tasted, I have tested this mustard and it is a brilliancy of flavor and blend, if you will, that makes it different from other mustard; that makes it the one mustard for use in cooking as well as on foods. It is French's Prepared Mustard that I direct shall be used in the Ritz-Carlton Hotel.

I commend French's Prepared Mustard for your use in preparing foods. There are so many, many dishes that can be made with it and in so many, many ways does it add to the charm of eating the unusual. Voila!

J. M. Bernillon

M. Bernillon is a true Frenchman. He has been Chef in London, Belgium, Paris, Montreal, New York, and for the past five or six years has been the directing head of the Culinary Department of the Ritz - Carlton in Philadelphia.

SALADS

THE food value of salads is very high, because of the presence of the essential mineral salts. The meal without a salad is incomplete—both as to taste, appropriateness and healthfulness. Time was when salad dressings were evolved only through laborious work and a nicety of mixing. However, with the use of French's Cream Salad Mustard, a delicious salad dressing can be made in a few minutes, without cooking. The following salad dressing uncooked, made with French's Mustard, can be used daily and at a moment's notice:

½ pint Whipping Cream
4 to 6 teaspoonfuls French's Cream Salad Mustard
1 short teaspoonful sugar
Whip up cream, add Mustard and fold in
Add sugar to taste

The main points to remember in preparing Salads are—
Use only fresh, crisp greens. Have the meat, vegetables or fruits used cut into uniform pieces, and do not allow to stand before using. Keep all materials cold, dry and combine them just before serving. Be sure to use French's Cream Salad Mustard in your salad dressing because of the smoothness, delicious taste, and ease of mixing.

A SALAD FROM ALABAMA

(Serves 4 persons)

½ small head cabbage, chopped fine
¼ cup chopped pimentos
¼ cup chopped sweet pickles
¼ cup sugar
¼ cup vinegar
2 tablespoonfuls French's Prepared Mustard
¼ teaspoonful salt

Mix thoroughly and serve on lettuce leaves.

With our compliments to Mrs. Osborne.

CHICKEN SALAD

(Serves 6 persons)

White meat of cold boiled fowl
Diced celery
French's Celery Salt

DRESSING

2 tablespoonfuls French's Prepared Mustard
5 tablespoonfuls sweet cream
1 teaspoonful sugar

Boil a fowl until tender. Allow to cool. Use white meat only, cutting into small pieces. To one part chicken add one and a half parts of diced celery. Season to taste with French's Celery Salt. Arrange on a dish and pour over this the dressing. Garnish to suit.

SHRIMP SALAD

(Serves 4 persons)

1 cup shrimps
1 cucumber
2 cups celery
2 dill pickles

Add to the shrimps the celery cut in small pieces and the cucumber and dill pickles diced. Mix thoroughly with a dressing made according to recipe on bottle of French's Prepared Mustard. Serve on crisp lettuce leaves.

WHOLE TOMATO SALAD

(Serves according to number tomatoes used)

Ripe tomatoes
Cold celery and
1/5 as much chopped olives

DRESSING

2 tablespoonfuls French's Prepared Mustard
3 tablespoonfuls sweet cream
1 tablespoonful sugar

Peel tomatoes and put in refrigerator until stone cold, then hollow out, being careful to preserve the top. Dice the cold celery very fine and add finely chopped olives. Mix this with the dressing. Fill the tomatoes and sprinkle over the top of the filling a little garnish of French's Paprika. Put on tomato tops and serve very cold on lettuce leaves.

SALMON SALAD

(Serves 6 persons)

1 can salmon
2 boiled potatoes
2 dill pickles
3 or 4 olives, celery
1 teaspoonful chopped onion
2 hard boiled eggs

DRESSING

3 tablespoonfuls French's Prepared Mustard
3 tablespoonfuls cream or milk
1 teaspoonful sugar

Shred salmon, dice potatoes into small pieces, dice pickles and chop olives and celery. Mix thoroughly and season with French's Celery Salt, vinegar, pepper and table salt. Add dressing and garnish with sliced hard boiled eggs.

SUFFRAGETTE SALAD

(Serves 4 persons)

1 small can pineapple
1½ envelopes gelatine
Juice of 6 lemons
½ cup sugar
½ cup cold water
1 grated cucumber
1 cup boiling water

Dissolve gelatine in cold water, add lemon juice, sugar and boiling water, put in molds, and when nearly cold stir in cucumber and pineapple. Serve on lettuce with a dressing made from French's Prepared Mustard or French's Mayonnaise, ready prepared.

APPLE SALAD

(Serves according to amount used)

Tart apples
Celery
Nut meats

DRESSING

4 tablespoonfuls French's Prepared Mustard
2 tablespoonfuls cream or milk
2 tablespoonfuls sugar

Use equal parts of apples, celery and nut meats. Dice celery and apples, cut nut meats into small pieces. Cover with dressing. Mix thoroughly and serve on lettuce leaves.

EGG SALAD

Take six hard boiled eggs. Cut in quarters. Into a cold salad dish set some leaves of lettuce and then put in the eggs. Mix some French's Prepared Mustard with one tablespoonful of olive oil, juice of half a lemon, and pour this mixture over the eggs. Ready to serve.

TOMATO SURPRISE

(Serves according to number of tomatoes used)

Large firm tomatoes
Boiled tongue
Sour pickles
French's Prepared Mustard

Peel and cut center out of several large firm tomatoes. Put them in cool place. Dice some boiled tongue and sour pickles. Mix with French's Prepared Mustard and fill centers of tomatoes. Make a dressing after the recipe on bottle of French's Prepared Mustard and put a tablespoonful on top of each tomato. Serve on lettuce leaves.

ASPARAGUS SALAD

(Serves 6 persons)

1 can asparagus or equal quantity of cooked asparagus
1 teaspoonful salt
1 teaspoonful French's Paprika
Pinch French's Black Pepper
1 tablespoonful tarragon vinegar
2 tablespoonfuls cider vinegar
6 tablespoonfuls olive or other vegetable oil
1 tablespoonful chopped pickles
1 tablespoonful chopped green peppers
1 teaspoonful chopped parsley
1 teaspoonful chopped chives
1 tablespoonful French's Prepared Mustard

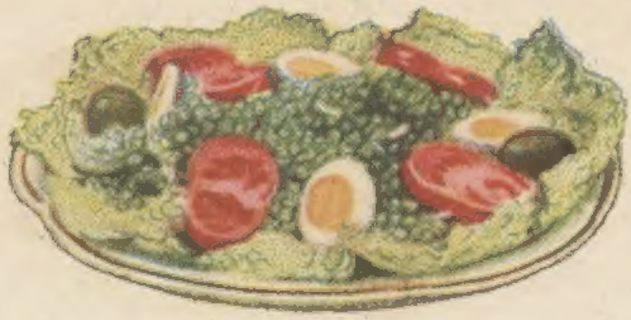
Mix this dressing thoroughly. Arrange a few stalks of asparagus on a crisp lettuce leaf and pour the above dressing over each individual service.

CHIFFONNADE SALAD

When ready to serve mix the salad with a dressing that you can make with French's Prepared Mustard, according to the recipe on the bottle. Separate the leaves of lettuce and romaine and place with julienne part of celery. Add sliced beets, sliced cucumbers and tomatoes and a little water cress, hard boiled eggs and chives.

CHICKEN SALAD A LA RITZ

Place cold sliced chicken or julienne of lettuce with celery. Cover with mayonnaise to which has been added one-half teaspoon of French's Prepared Mustard if the mayonnaise is liked rather strong.



CALIFORNIA SUMMER SALAD

1 quart peas (cooked or canned)
½ head lettuce
1 small white, or fresh green onion
2 hardboiled eggs
2 fresh tomatoes

Drain peas, mix with lettuce and onion, chopped fine, also eggs and tomatoes, sliced. Put on lettuce leaves and pour on dressing made of French's Prepared Mustard, as per recipe on bottle. Garnish with hard boiled egg slices, also olives, if desired. A little cold chicken shredded and a sprinkle of French's Paprika add the finishing touches to this delicious salad.

Courtesy of Mrs. G. P. Jargenson, Lathrop, Cal.

SWEET-BREAD SALAD

(Serves 6 persons)

1 pair large sweet-breads
Olive oil dressing
1 cup diced celery
½ pint dressing made from French's Prepared Mustard

DRESSING

½ cup olive oil
1 tablespoonful lemon juice
1/8 teaspoonful French's Paprika

Boil 1 pair large sweet-breads for twenty minutes. After they are carefully cleaned and blanched cool and cut into dice and mix thoroughly with a sufficient quantity of olive oil dressing until of the desired consistency. Put on ice for one hour. Have lettuce crisp and when ready to serve mix sweet-breads with diced celery and dressing made from French's Prepared Mustard.

LUNCH SALAD

(Serves 6 persons)

½ head crisp cold cabbage.
1 can salmon
2 hard boiled eggs
1 dozen small cucumber pickles
1 or 2 pickled beets

Shred the cabbage and spread on an ice-cold plate. On this lay the salmon that has been drained and flaked. Chop fine the eggs, pickles and beets and sprinkle over salmon. Lettuce may be laid between the cabbage and salmon. Over all this spread a dressing made of French's Prepared Mustard according to recipe on bottle. Bits of any left-overs of cold meats may be added to this salad. Capers added improve the flavor. Garnish with sliced hard-boiled egg if desired. This is a salad that all men will like.

G. M. J. PALMETTO CABBAGE SALAD

(Serves 6 persons)

1 hardboiled egg
1 to 2 cups palmetto cabbage, finely chopped
1/3 cup nuts (pecans preferred) sliced thin
3 tablespoonfuls sweet cream
1 tablespoonful finely chopped onion
2 tablespoonfuls French's Prepared Mustard
1 teaspoonful French's Mayonnaise

Add oil if desired. Pepper to taste. Separate egg carefully. Mix yolk (broken into bits) in the salad. Garnish salad with white of egg. Serve cold on lettuce or grape leaves.

Our appreciation to
"A Southern Housewife" of Island Grove, Fla.

FROM THE HAGUE

(Serves 4 persons)

2 small heads lettuce
1 Spanish onion
3 hard boiled eggs

DRESSING

3 tablespoonfuls oil
1 tablespoonful vinegar
½ teaspoonful French's D. S. F. Mustard (dry)
½ teaspoonful salt

Shred finely the lettuce. Chop onion and eggs in small pieces. Toss together with a French Salad dressing.

OHIO POTATO SALAD

(Serves 4 persons)

1 cup cold potatoes, sliced
¼ cup broken nut meats
½ teaspoonful chopped onion
Little chopped parsley
Yolk one egg
¼ cup cream
Large tablespoonful melted Crisco
1 level tablespoonful French's Prepared Mustard
1/3 teaspoonful salt
1 level teaspoonful sugar

Mix potatoes, nuts, onion and parsley together. Pour over it dressing made of other ingredients. Garnish to suit.

Courtesy of Miss Lulu Boyd, Barnesville, Ohio.

CABBAGE AND BEAN SALAD

(Serves 4 persons)

1 cup finely chopped cabbage
¼ can red beans
½ cup tomatoes, chopped fine
1 tablespoonful butter
½ tablespoonful vinegar
1 tablespoonful French's Prepared Mustard

Heat butter, vinegar, and Mustard and pour over cabbage. Stir well and mix in beans and tomatoes. Delicious if allowed to set on ice before serving.

TOMATO SALAD

(Serves according to quantity used)

Tomatoes
Lettuce
French's Prepared Mustard

Cut tops from large firm tomatoes; sprinkle cut surfaces with salt and lay upside down on a dish to be set in a cool place for several hours. When ready to serve, slice tomatoes thin and serve on lettuce leaves with a dressing made from French's Prepared Mustard according to recipe on bottle.

ODDS AND ENDS SALAD

Made from left-overs too good to throw away and too small to serve

1 cup chopped cabbage, or left-over cold slaw
1 large onion
1 sweet pepper
2 or 3 cold boiled potatoes
Celery (if in season)
2 or 3 hard boiled eggs
Scraps of cheese
All to be chopped fine
Cup, or less, boiled navy beans
Pepper and salt to taste and add French's Celery Salt

DRESSING

½ cup evaporated milk
1 tablespoonful sugar
1 tablespoonful French's Prepared Mustard

Beat these ingredients until thick, then thin with vinegar. Mix with the other materials and serve cold.

Courtesy of Mrs. J. W. Terry, Oklahoma City, Okla.

ACROSS THE SEAS SALAD

½ cup olive oil
3 cups boiled rice
½ cup chopped olives
½ cup chopped green peppers
¼ cup grated onions
1 cup dressing
1 hard boiled egg
1 tablespoonful vinegar
2 teaspoonfuls salt (level)
2 teaspoonfuls French's Currie Powder (level)
¼ teaspoonful French's White Pepper

Boil rice and drain. Put rice in salad bowl and cover with olive oil, add olives, peppers, onions, salt and pepper. Mix well with Currie Powder and the dressing made from French's Prepared Mustard according to recipe on bottle. Separate the boiled egg yolks from the whites. Grate the yolks over the top, cut the whites in five slices and garnish with them.

POTATO SALAD

(Serves 8 persons)

1 quart boiled potatoes
1 white onion
Little parsley
4 tablespoonfuls French's Prepared Mustard
4 tablespoonfuls sweet cream
2 tablespoonfuls vinegar
1 teaspoonful salt

Dice potatoes, when cold. Chop onion fine with a little parsley. Mix thoroughly and over it pour dressing made of ingredients above listed. Mix thoroughly and serve ice cold.

LUNCHEON SALAD

(Serves 4 persons)

½ teaspoonful gelatine
1 cup cold water
1½ cups boiling water
Juice of 3 lemons
½ cup sugar
3 tart apples
1 cup celery diced
½ cup pecan nuts

DRESSING

2 tablespoonfuls French's Prepared Mustard
4 tablespoonfuls sweet cream
1 teaspoonful sugar

Soak gelatine in cold water 5 minutes. Dissolve in boiling water; add lemon juice and sugar. When jelly is beginning to set, add apples which have been sliced, celery and pecans. Serve with the dressing.
(Note: Very pretty served in cases made from the skins of bright apples).

FRUITED CHEESE SALAD

(Serves 6 persons)

6 dates
3 figs
½ cup blanched almonds, chopped
1 scant cup cream cheese
1 teaspoonful lemon juice
Pinch salt

Mix to a paste the above ingredients. Make into balls and serve 4 on lettuce leaves to each person. Pour over them a dressing made from French's Prepared Mustard made according to recipe on bottle. Garnish with whole radishes.

WALNUT SALAD

(Serves 6 persons)

½ lb. English walnut meats
2 sweet apples

DRESSING

2 tablespoonfuls French's Prepared Mustard
1 tablespoonful sweet cream
1 tablespoonful sugar

Throw the walnuts into boiling water and remove skins. Dice the apples very fine, add the walnuts and mix thoroughly. Serve on lettuce leaves with the dressing made from French's Prepared Mustard.

LOBSTER SALAD

(1 lobster serves 6 persons)

1 lobster
3 stalks celery
5 tablespoonfuls sweet cream
3 tablespoonfuls French's Prepared Mustard

Use equal parts lobster and diced celery. Break lobster with fingers so as not to hash it. Mix with dressing of sweet cream and Mustard, with salt and pepper to taste, and garnish to suit.

UNCLE DAN'S SALAD

(Serves 4 persons)

3 good sized sweet potatoes
2 stalks celery
1 white onion
1 tablespoonful French's Prepared Mustard
1 tablespoonful vinegar
2 tablespoonfuls sweet cream

Dice potatoes and cut celery in very thin, small pieces. Chop onion fine. Season with salt and French's Pepper. Mix thoroughly and over it pour a dressing made of the Mustard, vinegar and cream. Allow this to stand in the ice box one or two hours and garnish with pitted olives and parsley.

FAIRY SALAD
(Serves 6 persons)

½ cup dates
½ cup figs
½ cup pineapple
3 oranges
¾ cup sugar

Halve the oranges, remove pulp and put on ice to stiffen. Cut fruits into small pieces; add a little sugar and mix thoroughly with a dressing made from French's Prepared Mustard. Fill each shell with the mixture and top with whipped cream. This makes an attractive and delicious salad when arranged in a shallow salad bowl on a bed of lettuce leaves.

FRUIT SALAD
(Serves 4 persons)

1 cup apples diced
1 cup bananas diced
½ cup marshmallows quartered

DRESSING

1 tablespoonful French's Prepared Mustard
1 tablespoonful sugar
1 tablespoonful vinegar
Pinch salt

Stir the dressing ingredients until well blended and add slowly ½ can evaporated milk (or scant ½ cup light cream). Beat until smooth. Mix fruit with this dressing. Variety may be obtained by using diced oranges, raisins, Malaga grapes, nuts.

Courtesy of Mrs. Mary Fitzgerald, Topeka, Kan.

MACARONI SALAD
(Serves 4 persons)

¼ package macaroni
¼ pound boiled ham
Small quantity chopped pickles or pimentos—or Cream cheese
Salad Dressing as per recipe on bottle

Cook Macaroni in boiling, salted water until tender. Blanche in cold water and drain. Add ham, finely chopped, mixed with dressing according to recipe on bottle. Add pickles or pimentos. Cream cheese may be substituted for the boiled ham, if desired.

Courtesy of Mrs. John Hallaran, Nashville, Tenn.

VEGETABLE SALAD

(Serves 8 persons)

1 cup cold boiled potatoes
½ cup celery
½ cup crisp cabbage
1 cup cooked beets, cold
1 cup fresh cucumbers
4½ cups radishes
½ cup nut meats
2 tablespoonfuls French's Prepared Mustard
2 tablespoonfuls sweet cream
1 tablespoonful vinegar
Pinch salt

Mix thoroughly, and chill.

Courtesy of Mrs. Austin, New Castle, Pa.

TROPICAL SALAD

(Serves 4 persons)

Can Pineapple rings
Bananas
2 apples
3 marshmallows
¼ cup chopped nuts
3 tablespoonfuls French's Prepared Mustard
½ cup sweet cream, whipped
1 level tablespoonful sugar

Drain pineapple rings and arrange one on each lettuce leaf. Quarter bananas and arrange around pineapple ring. Dice apples, and quarter marshmallows. Mix apples, marshmallows and nuts with dressing of Mustard, cream and sugar, place on pineapple ring and bananas and top with marachino cherry.

CELERY SALAD

(Serves 4 persons)

¼ pound boiled ham
1 cup crisp celery diced
½ cup green peas
½ cup vinegar
Large piece butter
1 egg
1 tablespoonful French's Prepared Mustard
½ cup granulated sugar
½ tablespoonful cornstarch
Dash salt and red pepper

Chop up ham. Mix with celery and peas. Make dressing as follows: Beat egg. Add cornstarch to sugar, with salt and pepper. Add vinegar to dry ingredients, then add egg and Mustard, and butter. Boil in double boiler until thick.

Courtesy of Mrs. Burns, Lansing, Mich.

CABBAGE SALAD

(Serves 6 persons)

½ head cabbage
½ head celery
French's Celery Salt
2 tablespoonfuls French's Prepared Mustard
3 tablespoonfuls sweet cream
1 tablespoonful sugar

Cut cabbage in pieces and let stand in cold water with piece of ice, if possible, for short time. Add to this celery, chopped fine, and sprinkle with Celery Salt. Mix together and pour over it dressing made of Mustard, cream and sugar. Garnish with celery tips or lettuce or in any way desired.

OREGON CABBAGE SALAD

(Serves 6 persons)

½ head cabbage
1 egg
1 tablespoonful French's Prepared Mustard
½ cup French's Prepared Mustard
½ cup sweet cream
¼ cup white vinegar
Small piece butter
½ cup sugar

Chop cabbage fine. Sprinkle with a little salt. Beat egg in 1 tablespoonful French's Prepared Mustard. Add ½ cup of Mustard; add cream. Boil vinegar with butter and sugar 15 minutes. Then pour in the egg mixture and stir well until thickens. Pour over cabbage and cover tight until cold.

Courtesy of Mrs. J. T. Tipton, Silverton, Ore.

SARATOGA SALAD
(Serves 6 persons)

1 cup diced celery
1 quart boiled potatoes diced
2 onions chopped fine
½ cup French's Prepared Mustard
½ cup sour cream (about)
Salt to taste

Mix the above ingredients thoroughly, and serve on lettuce leaves. The dressing of sour cream and Mustard will be found delicious on tomato and cucumber salads, or cold sliced tomatoes, cold lettuce or other green salads. It will be improved if sprinkled with French's Paprika and lemon juice or a few drops of cider vinegar to taste. A little of French's Paprika is always an improvement.

WATER LILY SALAD
(Serves 6 persons)

6 hard boiled eggs
4 tablespoonfuls French's Prepared Mustard
½ teaspoonful salt
½ teaspoonful French's Paprika

Remove yolks of eggs. Cut whites into pieces lengthwise. Select large nasturtium leaves and arrange strips of whites on leaves to represent petals. Mash the yolks, adding the Mustard, salt and pepper—thoroughly mix in. Place this in center, and put cracked ice around edge of leaves.

Illustrated on page 19.

MACEDOINE SALAD
(Serves 10 persons)

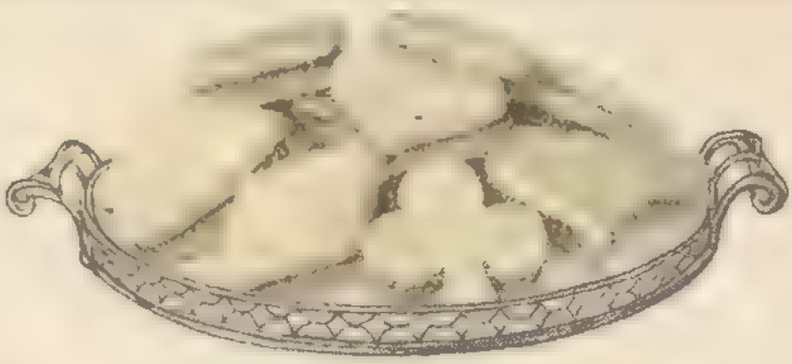
3 young carrots
3 young white turnips
1 cup string beans
1 cup green peas
1 tablespoonful French's Prepared Mustard
2 tablespoonfuls Olive oil
Juice of whole lemon

Boil the vegetables until done. When cool cut carrots and turnips lengthwise (one inch long, quarter inch wide). Mix the vegetables with French's Prepared Mustard, olive oil and lemon juice. Season with salt and pepper to taste. Set this mixture on a platter in a dome shape. Decorate with the sliced carrots, turnips and string beans around the salad. Blend the colors of the salad. Set the green peas on top. Garnish with lettuce leaves. Serve with a dressing made from French's Prepared Mustard according to recipe on bottle.

Courtesy Charles T. Borlenghi,
Chef Hotel Touraine, Boston, Mass.

SALAD COMBINATIONS

Lettuce, cucumbers, sliced tomatoes, radishes, onions.
Lettuce, asparagus (cooked whole) green pepper rings.
Lettuce, left-over peas, carrots and corn.
Lettuce, left-over veal, peas, celery.
Lettuce, fish, pickles, celery.
Lettuce, hard-boiled eggs, sliced.
Lettuce, apples, celery, nuts, raisins.
Lettuce, prunes, stuffed with nuts or cream cheese.
Lettuce, string beans, pimientos, radishes.
Lettuce, salmon, celery, pickles.
Lettuce, macaroni, pickles, celery.
Lettuce, chicken, peas, celery.
Lettuce, oranges, bananas, pineapple, nuts.
Lettuce, oranges, grapefruit, white grapes, marshmallows.
Lettuce, sliced pineapple, cheese ball on top.



SANDWICHES

TO KNOW a variety of sandwich fillings is to be fortified against any emergency. A good plan is to study the list of combinations given herewith and always use French's Cream Salad Mustard to blend the flavors.

It is also well to observe certain rules—among them—

That bread one day old makes the best sandwiches.

That all kinds of breads—white, rye, graham, whole-wheat, etc., may be used. Some people think a sandwich always means white bread.

When butter is used, it is best to cream it.

Use sandwich cutters, of various unique shapes. These can be bought in the five-and-ten-cent stores. A prettily shaped sandwich adds immeasurably to any table or tea wagon.

CORNED BEEF SANDWICH FILLING

1 small can corned beef — 1 lump butter
1 large sour pickle — 1 teaspoonful French's Prepared Mustard

Chop meat fine, with pickle. Add Mustard and melted butter. Add enough water to mix well and cook over fire about 5 minutes. Cool a little and then make the sandwiches. Add pepper while cooking, to taste.

HAM SANDWICH FILLING

2 thin slices cold boiled ham — 6 sweet pickles — Few English Walnuts.
¼ pound cream cheese — 4 teaspoonfuls French s Prepared Mustard

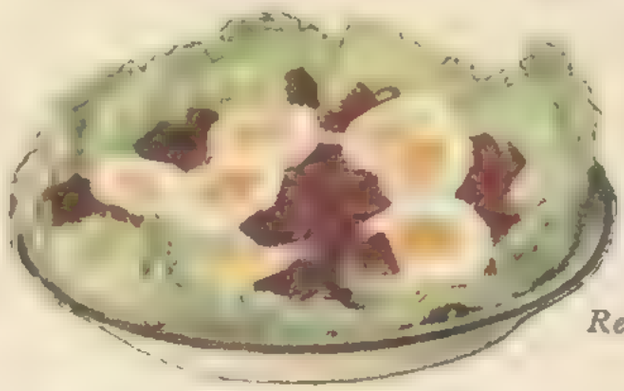
Grind ham, cheese, pickles, and nuts together, then moisten with Mustard. **Spread between thin layers of buttered bread.**

Courtesy of Mildred Lednicky, Everest, Kansas.

CLUB SANDWICH

Take two slices of sandwich bread and toast it on both sides. Mix one teaspoonful of French's Prepared Mustard with a teaspoonful of fresh butter. Spread the mixture over the toast. Set on the toast four slices of chicken, two slices of broiled bacon, two slices of tomato, one leaf of lettuce. Over the lettuce spread some French's Mayonnaise. Season to taste. Ready to serve.

Courtesy of Charles T. Borlenghi, Chef, Hotel Touraine, Boston, Mass.



Recipe on Page 25

CHEESE AND NUT SANDWICH FILLING

(Serves according to quantity of cheese used)
Equal parts of Cream Cheese and pecan nut meats
1/3 teaspoonful salt (scant)
Sweet cream
2 tablespoonfuls French's Prepared Mustard
French's Pepper to taste

Mix the cheese with finely chopped nuts. Add the salt, enough sweet cream to soften the mixture, mustard and pepper. Mix together thoroughly, spreading on slices of buttered bread.

TUNA FISH SANDWICH FILLING

2 tablespoonfuls tuna fish
¼ cup celery, chopped fine
Few chopped olives, nuts
4 tablespoonfuls French's Prepared Mustard
2 tablespoonfuls sweet cream
½ teaspoonful sugar

Put fish into mixing bowl and rub with back of spoon until smooth. Add celery, olives and nuts and moisten with dressing made by mixing Mustard, cream and sugar together. Spread on buttered bread.

Courtesy of Mildred Randle, Scottdale, Pa.

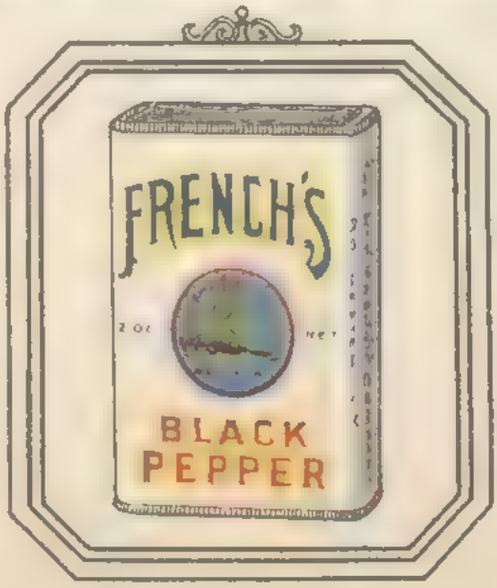
POSSIBLE SANDWICH COMBINATIONS

Grated cheese, olives—with French's Mustard.
Cream cheese and pimentos—with French's Mustard.
Ham or veal, sliced or minced, with hard-boiled eggs, and French's Mustard.
Tongue, chopped fine with French's Mustard.
Raisins and nuts chopped fine, moistened with French's Mustard.

Peanuts chopped and salted with French's Mustard, with white bread.

Rye Bread, Swiss Cheese, French's Mustard.

Lettuce, with French's Mustard. Cold chicken chopped, seasoned and moistened with French's Mustard.



Lettuce, cold sliced chicken, slice tomato, French's Mustard.

White bread, minced hard-boiled eggs, French's Mustard.

Minced ham, with French's Mustard. Chopped cucumbers, radishes, French's Mustard with rye bread.

SOUPS

YOU may not know that French's Cream Salad Mustard is a delicious seasoner of soups. Adding just a tablespoonful before the soup is taken from the fire imparts a rare savoriness that improves almost any soup. Just try these recipes.

SCOTCH BROTH

(Serves 8 persons)

- 3 lbs. mutton from neck
- 2 quarts cold water
- 2 tablespoonfuls salt
- 1 sliced carrot
- 2 sliced onions
- 4 stalks celery
- 1 scant tablespoonful French's Prepared Mustard
- 3 tablespoonfuls rice, or 3 of barley soaked overnight, or
- 2 tablespoonfuls flour, for thickening

Remove the skin and fat from the meat which has been wiped dry. Cut into small pieces, put into kettle with carrot, onion and water. Heat gradually to boiling point and cook until meat is tender, strain and remove any fat. Reheat to boiling point, add the rice or barley and cook until the rice or barley is soft. Just before serving add tablespoonful of French's Prepared Mustard, stirring in well.

The meat should not be thrown away, but used in stews, croquettes or meat cakes.

Mrs. Emly Bleeke.

TOMATO SOUP

(Serves 8 persons)

- 1 can tomatoes
- 1 pint rice water
- 1 tablespoonful whole peppers
- 1 tablespoonful sugar
- 1 slice onion
- 1 teaspoonful salt
- 1 scant tablespoonful French's Prepared Mustard
- ⅛ teaspoonful soda
- 2 tablespoonfuls flour
- 2 tablespoonfuls fat
- ⅛ cup boiled rice

Cook the first 5 ingredients 20 minutes. Strain. Add salt and soda. Mix the flour with an equal amount of water until smooth, add more water until thin enough to pour. Stir soup while adding gradually the flour mixture, called thickening; boil 5 minutes. Strain, add boiled rice, fat and last of all 1 tablespoonful French's Mustard stirred in slowly.

Rice may be omitted. Flour may be omitted.

Mrs. Emly Bleeke.

VEGETABLE SOUP

(Serves 8 persons)

- ⅛ cup carrot
- ⅛ cup turnip
- ½ cup celery
- 1½ cups potato
- ½ onion
- ⅛ cup fat
- ½ tablespoonful parsley
- 1 scant tablespoonful French's Prepared Mustard
- 1 teaspoonful salt
- ⅛ teaspoonful pepper
- 2 quarts water

Cut vegetables into cubes. Cook the vegetables except the potatoes and parsley, 10 minutes. Add water and potatoes and cook one hour. Add parsley and seasonings. A soup bone may be added.

Mrs. Emly Bleeke.

SPLIT PEA SOUP

(Serves 8 persons)

- 1 cup split dried peas
- 3 quarts cold water
- 1 onion (small)
- 4-inch cube salt fat pork
- 1 ham bone
- 2 tablespoonfuls flour
- ⅛ teaspoonful pepper
- 1½ teaspoonful salt
- 1 scant tablespoonful French's Prepared Mustard

Soak peas overnight; drain; add cold water, pork, ham bone and onion. Simmer 3 or 4 hours until peas are soft. Rub through a sieve. Add the flour mixed with cold water to the soup. Boil 5 minutes, stirring constantly. Add seasonings. Cubed potatoes or boiled parsnips may be added to the soup; tomato juice and green peas may be added to give variety.

Mrs. Emly Bleeke.

BAKED BEAN SOUP

(Serves 8 persons)

3 cups cold baked beans
3 pints water
2 slices lemon
1½ cups stewed and strained tomatoes
2 tablespoonfuls fat
2 tablespoonfuls flour
1 scant tablespoonful French's Prepared Mustard
Salt
Pepper

Put first 4 ingredients in saucepan; bring to boiling point and simmer 30 minutes. Rub through sieve, add seasonings, thicken with flour, add fat and serve with crisp crackers.

Mrs. Emly Bleeke.

FISH CHOWDER

(Serves 8 persons)

2 cups flaked cod, or fresh cod, or soaked salt cod
8 potatoes, cut into ¼ in. slices
1 pint boiling water
1 sliced onion
Salt pork fat, 1 inch by 3 inches
1 tablespoonful French's Prepared Mustard
1 tablespoonful salt
⅛ teaspoonful pepper
1 quart milk
8 crackers

Fry out fat, add sliced onion and cook to a light brown, without burning. Strain fat into saucepan, add potatoes and boiling water and cook 10 minutes. Add the fish and simmer 10 minutes. Add the milk and seasonings. Heat to boiling point and serve with crackers, split and previously dipped in cold milk.

Mrs. Emly Bleeke.

SOUP MONGOLE

1 quart chicken or veal stock
1 pint milk
1 tablespoonful butter
1 chopped onion
1 tablespoonful French's Currie Powder
2 tablespoonfuls flour

Melt the butter and add the onion and Currie Powder. Cook together about fifteen minutes and add the flour. Stir until smooth. Add slowly the milk and stock. Strain and serve with toasted crackers.

VEGETABLE CHOWDER

(Serves six people)

2 small carrots
1 cup of peas, corn or lima beans
2 potatoes
1 qt. of milk
1-3rd small cabbage
1 cup string beans (cooked)
1 onion
3 strips of bacon

Chop up (or put through meat chopper) all the uncooked vegetables, also the bacon. Brown the onion and the bacon in your kettle first; then add the other vegetables and the seasonings and cover with *boiling* water, and let boil until all are well cooked. Then add the milk, scalding hot.

STUFFED GREEN PEPPERS

(Serves 6 persons)

3 sweet green peppers
1 can Underwood's Devilled Ham
½ cup bread crumbs
½ teaspoonful French's Prepared Mustard
2 hard boiled eggs chopped fine
1 onion chopped fine

Let peppers stand in boiling water 15 minutes. Split and remove seeds. Fill with the above mixture. Bake in a quick oven one half hour, basting twice with melted butter and water.

SAVORIES, SAUCES AND RELISHES

THE flavor's the thing. Food without flavor is bad for digestion and health. Therefore, we would become proficient in the making of the savory sauces and dishes that prompt the flow of the digestive juices through their appeal to taste and flavor. This is a branch of cookery which every housewife should well understand and practice daily. Try the following recipes.

TOMATO JELLY

(Serves according to amount used)

2 cups tomatoes (canned or fresh)
3 cloves
1 bay leaf
1 slice good sized onion
Pinch of French's Paprika
2 tablespoonfuls gelatine

Cook together tomatoes, cloves, bay leaf, onion and French's Paprika. Rub through a sieve and to the liquor add the gelatine which has been dissolved in cold water. Pour into small cups. Place in a cool place and allow to set and grow cold. It may be improved by pouring over it a dressing made from French's Prepared Mustard according to the recipe given.

FRENCH'S RELISH

(A salad or relish for any meal)

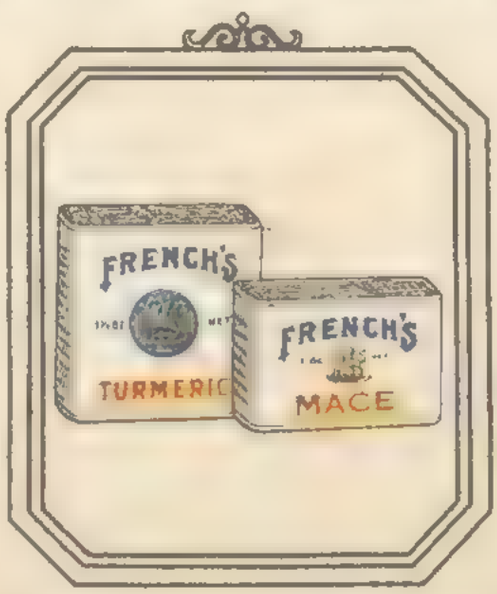
Mix together a small quantity of white cabbage, an apple, few stalks of celery—all cut fine. A small onion may be added, if desired. Make a dressing according to recipe on bottle of French's Prepared Mustard and mix thoroughly with the above ingredients. Nuts may be sprinkled over the top.

ONE MINUTE MAYONNAISE

2 tablespoonfuls French's Prepared Mustard
1 tablespoonful sugar
¼ teaspoonful salt
4 tablespoonfuls milk

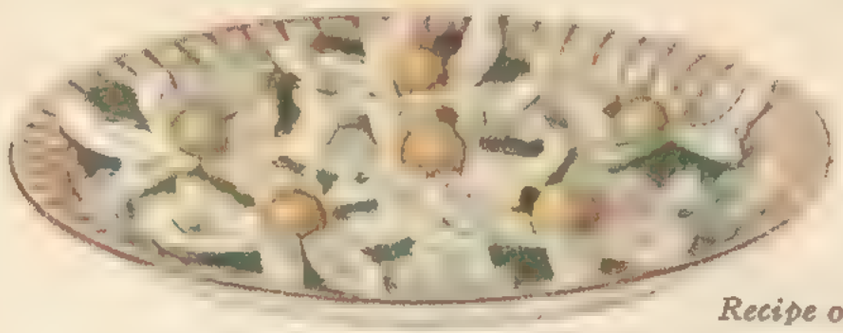
Mix together, stirring briskly for one minute. Delicious.

Courtesy of Mrs. Emma Wise, Terre Haute, Ind



SAVORY EGGS

Add one pint of whole milk or cream to six well beaten eggs. Season to taste with salt, pepper, sliced parsley and teaspoonful of French's Prepared Mustard. Cook this mixture until eggs begin to thicken, stirring all the time while cooking. Add one teaspoonful of butter. Serve it on slices of buttered toast.



Recipe on Page 13

FRENCH'S ROYAL CREAM MAYONNAISE DE LUXE

½ pint cream (preferably a day old)
2 teaspoonfuls French's Prepared Mustard
2 tablespoonfuls sugar or to suit taste.

This dressing is regulated entirely by French's Mustard. If a sour dressing is wanted, use more Mustard, or if a sweet dressing, use more sugar. Whip the cream until it is very stiff. In another dish or cup mix the Mustard and the sugar to a smooth paste. Slowly beat this into the cream and your mayonnaise is ready.
This is extremely good.

Courtesy of Mrs. Wesley E. Wilbur, Coldwater, Mich.

TOMATO RELISH

1 large red pepper
10 stalks celery
15 green tomatoes
2 cups sugar
1½ cups vinegar
1 tablespoonful salt
1 teaspoonful French's D. S. F. Mustard (dry)
1 teaspoonful French's Celery Seed
1 teaspoonful French's Cloves
1 teaspoonful French's Cinnamon
1 teaspoonful French's Allspice

Boil all together 1½ to 2 hours and seal hot.

With our appreciation to Mrs. Frederick Cooke, Waltham, Mass.

HOW TO PREPARE HOT MUSTARD SAUCE

Fry one small onion (which was previously chopped into very fine particles) to a golden color. Broil down two tablespoonfuls of beef stock, add one tablespoonful of French's Prepared Mustard. Whip all the ingredients till the mixture becomes smooth and then add a pinch of chopped parsley. Serve sauce separately.

Courtesy of Charles T. Borlenghi, Chef, Hotel Touraine, Boston, Mass.

TO PREPARE A CREAM SAUCE

Take two tablespoonfuls of butter, two tablespoonfuls of flour; one cup of milk, one-fourth teaspoonful salt, and pepper to taste. Melt the butter, add the flour, mix in the seasonings and add the milk last, pouring on gradually. Stir well and then beat until smooth and creamy.

HOW TO PREPARE FRENCH'S MUSTARD MAYONNAISE

Take the yolks of two raw eggs, pinch of French's Cayenne Pepper, salt, tablespoonful of French's Prepared Mustard, and juice of lemon. Now add one pint of olive oil, little at a time, while whipping this mixture until it comes smooth and thick. Ready to serve.

MISCELLANEOUS COOKED DISHES

DEVILLED EGGS

(Serves according to number of eggs used)
Hard boiled eggs
Salt to taste
French's Prepared Mustard
A dash of French's Cayenne Pepper, if desired

Cut hard boiled eggs in half. Remove yolks and mash with a fork. Add the salt and enough French's Prepared Mustard to form a smooth paste. Fill the whites of the eggs with the mixture and serve on a bed of lettuce.

DREAM CAKES

(Serves according to number made)
Slice of bread
Thin slice of cheese
1 small teaspoonful French's Prepared Mustard
Dash salt and French's Paprika

Make a sandwich with a slice of cheese. Cut crust from bread. Spread French's Prepared Mustard on cheese and dash with salt and French's Paprika. Broil or toast on each side until cheese is soft and bread is nicely browned. Do not allow to get so hot that cheese will run out of cake. Serve hot.

DEVILLED EGGS—PHILADELPHIA STYLE

(Allow 1 egg to a person)
Required number of eggs
Peanut butter
French's Prepared Mustard

Hardboil the eggs. Cut them in half—lengthwise, removing the yolks. Mash the yolks together with equal proportions of peanut butter and Mustard until the mixture is of the consistency of a paste. Fill the halves with the mixture, rounding them off at the top. Serve on crisp lettuce leaves.

With our appreciation to
Mrs. F. D. Stahl, Philadelphia, Pa.

SHEPHERD'S PIE

Take all the odds and ends of beef, lamb, mutton, etc., and cut into small slices. Fry one onion, chopped fine, in butter, add some peppers and the meat, stir up for two minutes, season with salt and pepper. Cover with broth and let boil for fifteen minutes. Add three spoonfuls of French's Mustard and put the hash into a deep dish. Cover with mashed potatoes and bake in oven until brown.

Courtesy of Camille Kurtz, Chef, Bellevue-Stratford, Phila.

BOILED SPINACH—OHIO STYLE

(Serves 4 persons)
¼ peck spinach
DRESSING
2 tablespoonfuls French's Prepared Mustard
½ pint cream or rich milk

Boil spinach in usual manner. Drain and cut so as to leave long stems of fibre. Season with salt and French's Pepper and serve hot. Over each serving pour a generous spoonful or two of dressing made as follows:
Add cream to the Mustard slowly, stirring meanwhile. Mix thoroughly.

Courtesy of Miss Lutes, Tiffin, Ohio.

CHICKEN LIVER BROCHETTE

Take one dozen chicken livers, two slices of bacon, roll in melted butter and fresh bread crumbs. Cut the bacon in very thin slices about one inch and a half wide. Place the bacon and the chicken livers alternately on a skewer. Broil till it is well cooked. Serve with devilled sauce. *See page 28*

Courtesy of Charles T. Borlenghi, Chef, Hotel Touraine, Boston, Mass.

DEVILLED BEEF BONES, SAUCE DIABLE

This recipe is an unusual one for the home and will be found successful in using the bones left over from roast beef. It makes a surprisingly palatable dish.

Take the bones left from prime roast of beef and cut in portions of two or three pieces. Pass them through melted butter and then with the flat of a knife spread on all sides with French's Prepared Mustard. Roll them in bread crumbs and broil slowly.

Serve a brown sauce separately, and formerly a little sherry wine added gave a most delightful flavor. Drop one teaspoonful French's Prepared Mustard in the sauce and mix well.

Courtesy of M. Bernillon, Chef, Ritz-Carlton, Philadelphia, Pa.

BAKED MUSHROOMS WITH MUSTARD SAUCE

Peel some very large mushrooms; cut off their stems. Now butter a shallow pudding dish and put into dish a layer of mushrooms (with their stems upward). Into each mushroom pour a few drops of melted butter, half teaspoonful French's Prepared Mustard. (Do not put more than two layers into pudding dish). Bake it tightly covered in a quick oven till the mushrooms become tender. This process should not take more than twenty minutes. Now remove the cover, pour melted butter over the mushrooms; serve very hot in the dish in which they were baked.

Courtesy of Charles T. Borlenghi, Chef, Hotel Touraine, Boston, Mass.

BAKED BEANS—FRENCH STYLE

(Serves 4 persons)

1 lb. navy beans
½ pint tomato ketchup
2 tablespoonfuls molasses
1 medium sized onion
4 slices bacon cut in small squares
2 tablespoonfuls French's Prepared Mustard
Salt and pepper to taste

Soak beans over night, parboil next morning. Pour off water, add all other ingredients and enough water to cover beans. Bake in medium hot oven six to eight hours, or in fireless cooker ten hours.

Courtesy of Kathryn Rosenfeldy, Hamilton, Ohio.

FRIED CUCUMBERS

Peel and cut cucumber in quarters lengthwise. Roll in flour, fry in butter (pinch salt). When fried, arrange on platter and cover with dressing made of 2 tablespoonfuls French's Prepared Mustard, 2 tablespoonfuls sweet cream and little sugar, mixed thoroughly.

With appreciation to Miss Ermina Berry,
R. F. D. Thetford, Vt.

CHILI CON CARNE

(Serves 6 persons)

1 pint dried lima beans or kidney beans soaked overnight
2 cups beef, chopped
1 teaspoonful salt
1 tablespoonful vinegar
Tomatoes to cover
¼ cup suet forced through chopper
1 red pepper, cut in strips
½ onion sliced
⅛ teaspoonful pepper
1 teaspoonful French's Prepared Mustard

Arrange ingredients in layers in a bean pot. Cover with water and bake slowly 3 or 4 hours.

Mrs. Emly Bleeke.

CHEESE AND RICE

(Serves 4 persons)

1 cup cold boiled rice
½ cup sliced cheese
¼ sweet green pepper
½ small onion
1 egg
¼ teaspoonful French's D.S.F. Mustard (dry)
Salt
Enough milk to moisten

Stir all together and bake.

Courtesy of Miss C. F. Johnson, Troy, N. Y

MEATS

IT IS surprising the many ways in which French's Mustard can be used to enliven the flavor of various meats, especially the common-place meats that are often ignored because they are not very appetizing in themselves, and left-overs, too. The few recipes which follow will suggest many ways to prepare the "back-bone" of any meal.

MEAT EN CASSEROLE

2 pounds meat. Cut up into suitable pieces for serving. Sprinkle with salt and pepper and dredge with flour. Brown meat in a little fat in a frying pan. Put browned pieces of meat in casserole dish, add carrot cut into cubes, 1 cupful stewed and strained tomatoes, 1 tablespoonful French's Prepared Mustard. Cover closely and cook 15 minutes. Add ½ cupful peeled onions and 1 cupful potato balls and continue cooking until meat and vegetables are tender. The casserole should be closely covered that the steam may be regained. Serve with boiled rice. This is delicious.

Mrs. Emly Bleeke.

VEAL TONGUE TARTARE

(Serves 8 persons)

6 veal tongues

Sauce Tartare

3 tablespoonfuls French's Prepared Mustard
1 teaspoonful chopped sour pickle
1 teaspoonful onion juice
½ teaspoonful French's Cayenne or Red Pepper

Boil, roll and press the veal tongues. Serve cold using Sauce Tartare made from French's Prepared Mustard

TRIPE SAUTE, LYONNAISE

Cut one pound of parboiled tripe into small pieces. Take two onions, cut into slices, fry in butter, add the tripe and season with salt and pepper. When a nice brown stir two tablespoonfuls of French's Mustard into it and serve at once.

CALF'S LIVER ALSATIENNE

Cut the liver into nice slices, put some French's Mustard on both sides, turn them over in flour and fry crisp on both sides. Dress on a platter, put some more butter into the pan and when brown pour over the liver.

This and recipe opposite, Courtesy of Chef Camille, Bellevue Stratford, Phila., Pa.

CHICKEN CROQUETTES A LA FRENCH

(Serves 6 persons)

2 cups chopped chicken
½ teaspoonful salt
Few grains cayenne
1 cup thick sauce
⅛ teaspoonful pepper
1 teaspoonful French's Prepared Mustard
Few drops onion juice
Yolk 1 egg

Mix ingredients in order given. Cool, shape into balls, cylinders or any desired shape. Dip in eggs, crumbs and egg again. Fry in deep fat.

With much appreciation to
Mrs. Emly Bleeke.

PORK CHOP, ROBERT

Take four pork chops, turn them in flour and fry on both sides brown. Take them out of the pan and put them on a dish. Put one whole chopped onion into the fat, fry brown; add some flour and let fry for two minutes, put some broth into the pan and let boil for five minutes; then add a spoonful of French's Mustard and six small pickles cut into slices. Pour the whole over the chops.

Courtesy of Chef Camille, Bellevue-Stratford, Philadelphia, Pa.

HAMBURGER STEAK, CATALANE

One pound of chopped beef seasoned and formed into cakes. Fry them in butter and when cooked take them out. Put one chopped onion and two chopped green peppers in and let them fry, add one chopped tomato and let it cook for five minutes; at last stir two spoonfuls of French's Mustard into this and pour the whole over the steaks.

Courtesy of Chef Camille, Bellevue-Stratford, Philadelphia, Pa.

HAM CONCHETTE

(Serves 4 persons)

1 slice of ham about inch thick
2 teaspoonfuls French's D. S. F. Mustard (dry)
2 teaspoonfuls vinegar
1 cup milk

Rub ham with Mustard mixed with vinegar, and sprinkle with sugar. Add milk—enough to cover ham and bake in oven.

LAMB HASH BERNILLON

Slice the lamb. Fry in sweet butter with a very little chopped onion. Add one teaspoonful flour, and add a little gravy or stock. Add one teaspoonful French's Prepared Mustard. Allow to cook two or three minutes. Serve with chopped parsley on buttered French toast.

MEAT PIE

Fill baking dish ¾ full with stew; cover with mashed potato, boiled rice, biscuit dough or cereal mush and bake until nicely browned on top. Add 1 teaspoonful French's Prepared Mustard with the stew.

Mrs. Emly Bleeke.

MEAT ROLL

Flank steak or 1 pound thinly cut round steak
2 or 3 small pieces of suet
2 onions
1 tablespoonful French's Prepared Mustard
1 cup carrot, cubed
2 cups stock, or water
Bread stuffing

Beef, mutton or veal may be used. Wipe meat, trim edges, pound on both sides, spread with stuffing, roll and tie. Sprinkle the roll with salt, pepper and rub in the Mustard. Dredge with flour and brown on all sides in hot drippings and lay it on the onion and carrot in pan with suet on top. Pour the water or stock into the pan. Cover tightly and cook slowly in oven or on top of the stove. For round steak, cook slowly, covered, for ½ hour or more in a moderate oven, then uncover and cook an additional hour. For flank steak, cook slowly, covered, for 3 hours or more in a moderate oven, then uncover last ½ hour. Serve with brown gravy made by thickening the liquid in the pan. Individual rolls may be made.

Mrs. Emly Bleeke.

BEEF A LA COLONEL

(Serves 4 persons)

Raw, lean beef
Salt and French's Pepper, to taste
Dash of French's Paprika

SAUCE A LA COLONEL

3 tablespoonfuls French's Prepared Mustard
1 teaspoonful lemon juice
1 teaspoonful finely chopped onion
1 teaspoonful capers
Mix thoroughly

Chop beef quite fine and season with salt, French's Pepper and French's Paprika. Make into small flat cakes, broil on hot frying pan. Serve very hot with sauce a la Colonel.

HOG'S HEAD CHEESE WITH MUSTARD

Take hog's head, split in two halves. Put it into salt and water for twenty-four hours. Set this into a pot with all kinds of spices, add one onion, one carrot. Let it boil for three hours. Now remove all the bones, cut it into square pieces (with the tongue). Add pinch of salt, of sage, pepper, one tablespoonful of French's Prepared Mustard. Season to taste. Mix it all together, put this mixture into moulds and let it set cold and solid, then slice it. Ready to serve. Serve French's Prepared Mustard on side.

Courtesy of Charles T. Borlenghi, Chef, Hotel Touraine, Boston, Mass.

BOILED DEVILLED HAM

Take two slices of raw ham, broil it very slightly on both sides. Mix two tablespoonfuls of French's Prepared Mustard with one tablespoonful of fresh butter. Spread this mixture on both sides of the slightly broiled ham. Sprinkle some fresh bread crumbs over the ham and broil it again till a brownish color on both sides.
Serve with Hot Mustard Sauce. *See page* 19.

Courtesy of Charles T. Borlenghi, Chef, Hotel Touraine, Boston, Mass.

FILET MIGNON BEEF ELAINE

Fry a Filet Mignon in sweet butter, cover with cream sauce (See recipe under Broiled Fish a la Ritz *See page* 26.) and sprinkle with fresh grated radishes and one teaspoonful of French's Prepared Mustard on top. Garnish with fried bananas.

BEET SALAD
(Serves 4 persons)

4 medium sized boiled beets
2 boiled eggs

DRESSING

2 tablespoonfuls French's Prepared Mustard
1 tablespoonful sweet cream
Triffle chopped white onion
½ teaspoonful vinegar

Dice beets and place in a salad bowl that has been lined with lettuce leaves, and on the top slice very thin the boiled eggs. Over this pour the dressing.

Illustrated on page 15.

GREEN PEPPER SALAD
(Serves 6 persons)

3 sweet green peppers
2 cups cottage cheese
2 tablespoonfuls finely chopped English Walnut meats
Pinch salt

Wash peppers in cold water and set in a cool place until crisp. Split lengthwise and remove seeds. Mix thoroughly the cream cheese, chopped nuts and salt with a dressing made from French's Prepared Mustard according to recipe on bottle. Fill shells, arrange on lettuce leaves and top shells with a teaspoonful of dressing.

TEXAS STYLE PINEAPPLE SALAD
(Serve as many as desired)

1 can pineapple
Equal quantity celery
1/3 cup chopped English Walnuts
3 tablespoonfuls French's Prepared Mustard
3 tablespoonfuls sweet cream
3 tablespoonfuls olive oil

Take equal quantities diced pineapple and celery. Add chopped walnuts and serve on lettuce leaves with dressing made of Mustard, sweet cream and olive oil. When mixing, add a little at a time and beat thoroughly. Place grated cheese over top of salad and sprinkle with French's Paprika.

By Mrs. Camponovo.

GARDEN SALAD
(Serves according to amount used)

Crisp lettuce
Cucumbers
Green Peppers
Onions
Celery

DRESSING

Equal parts of French's Prepared Mustard and sweet cream or milk.

Into a salad bowl break up as much lettuce as desired. Add uncooked chopped vegetables and cover with Chili Sauce (Catsup will answer). Pour dressing on top and serve at once.

Courtesy of Mrs. Frederick, East Creek, N. Y.

BOILED MUSTARD OR SALAD DRESSING

3 tablespoonfuls French's Prepared Mustard
1 tablespoonful sugar
1 egg

Mix to a smooth paste and gradually pour in a cup of vinegar. Let it come to a boil, stirring meanwhile. Cool and it is ready for use.

FISH

FISH is high in nutritive value and should have its place in the weekly menu. The following are some very appetizing fish dishes prepared with the aid of French's Mustard and other French's Products.

CODFISH STEAK WITH MUSTARD BUTTER

Boil a fresh Codfish steak in salt water; when done place on a dish and cover with the following butter:

Three ounces of fresh butter mixed with a tablespoonful of French's Mustard and a little French's Paprika.

(The same butter can be used for any boiled or broiled fish).

Courtesy of Chef Camille, Bellevue-Stratford, Philadelphia, Pa.

BAKED FISH WITH STUFFING

(Servings, of course, depend upon size of fish)

Select fish weighing from 2½ to 4 pounds. Bake with following stuffing:

1 cup crumbs
¼ cup melted fat
¼ teaspoonful salt
⅛ teaspoonful celery salt
1. teaspoonful French's Prepared Mustard
Few drops onion juice, if desired
¼ cup water
⅛ teaspoonful pepper

Mix ingredients in order listed. If a dry filling is liked, omit the water. Three tablespoonfuls catsup, chopped parsley, capers, pickles, or oysters may be added. Clean and wipe the fish. Rub the inside with salt. Fill with stuffing and sew together. Cut diagonal gashes 1½ inches apart on both sides of the fish and place a strip of bacon or salt pork fat in each gash. Brush with melted fat, sprinkle with salt and pepper. Dredge with flour. Bake on a baking sheet or strips of cotton cloth (so that it may be easily removed from the pan into a dripping pan.) When the flour is browned, baste the fish every ten minutes. Cook until the flesh is firm and separates easily from the bone.

Mrs. Emly Bleeke.

BROILED FISH A LA RITZ

Broil the fish pouring over it a cream sauce, made as per recipe *see page* 19. Add 1 teaspoonful French's Prepared Mustard. This will give it a piquancy that is very unusual. Serve with chopped parsley.

Courtesy of Chef Bernillon, Chef Ritz-Carlton, Philadelphia, Pa.

CRAB RAVIGOTTE

Fill your crab shell with the crab meat mixed with a few dices of pimentos, using Carlton Tartar Sauce.

Recipe on page 28.

Courtesy of Chef Bernillon, Chef Ritz-Carlton, Philadelphia, Pa.

DEVILLED STUFFED CRABS MONGOLFIERE

(Serves 4 persons)

1 lb. fresh crab meat
2 tablespoonfuls French's Prepared Mustard
1 tablespoonful olive oil
2 hard boiled eggs
Chopped Parsley

Season to taste fresh crab meat. Mix with French's Prepared Mustard and olive oil. Sprinkle with French's Paprika and fill six hard crab shells. Spread over meat a little of the Mustard. Separate whites from yolks of hard boiled eggs into fine particles. Cover a third of the crab shell with chopped white of egg, in center place finely chopped parsley and over third place chopped yolk of egg, the color scheme being white, green, and then yellow. Decorate with ribbons of red peppers. Set crab shells on platter in crown shape. In center set water-cress and decorate with radishes. Serve lemons separately.

From Charles T. Borlenghi,
Chef Hotel Touraine, Boston, Mass.

SALMON STEAKS

(Stuffed)

Buy slices of salmon ½ inch in thickness. Arrange half the number of slices in a baking pan, on thin slices or strips of salt pork fat. Cover with a well-seasoned bread-crumb stuffing. Cover with remaining slices of salmon. Sprinkle with flour, salt and pepper and rub in 1 tablespoonful French's Prepared Mustard. Surround with left-over boiled potatoes, cut into fourths lengthwise. Arrange strips of salt pork fat on top and bake in a moderate oven about 30 minutes or until done. Garnish with lemon and parsley.

Mrs. Emly Bleeke.

DEVILLED BROILED SALT MACKEREL

Take some salt mackerel. Put it in fresh water for twenty-four hours; then dry it thoroughly. Roll it into melted butter and bread crumbs and a teaspoonful of French's D. S. F. Mustard. Broil it for eight minutes on the inside side, and for four minutes on the skin side. Serve it with French's Prepared Mustard. Garnish with parsley and lemons.

COLD SALMON

Take two pounds of fresh salmon, add some spices, half-cup of vinegar, one onion, and boil for forty-five minutes. Let it cool in the same pan.

When cold remove skin of salmon. Set salmon on oblong platter. Serve it with French's Prepared Mustard Mayonnaise.

See page **19.**

STUFFED TOMATO RAVIGOTTE

Scoop centers from solid ripe tomatoes. Fill them with a salad of crab flakes mixed with a Tartar Sauce, made as follows:
Three tablespoonfuls French's Prepared Mustard, one teaspoonful chopped sour pickle, one teaspoonful onion juice, one-fourth teaspoonful French's Cayenne or Red Pepper.
Sprinkle over each tomato chopped red and green peppers.

Courtesy M. Bernillon, Chef, Ritz-Carlton, Philadelphia, Pa.

HOW TO MAKE DEVILLED SAUCE

Fry half of an onion (finely chopped); half dozen capers in a tablespoonful of fresh butter. Add a tablespoonful of tomato sauce, two tablespoonfuls of French's Prepared Mustard, teaspoonful of French's Medford Sauce (Worcestershire Style). Whip it well. Add a pinch of French's Celery Salt. Serve it over the chicken liver brochette. *Recipe on page 20*

Courtesy Charles T. Borlenghi, Chef, Hotel Touraine, Boston, Mass.

CARLTON TARTARE SAUCE

Six yolks of fresh eggs, parts of red pepper, one ounce salt, one-eighth ounce white powder pepper, one-fourth pint distilled fermented old white wine vinegar, three tablespoonfuls of French's Prepared Mustard, one quart oil.
Make a regular mayonnaise with all these condiments and then add:
Two tablespoonfuls of chopped pickles (prepared in vinegar), one imported caper (prepared in vinegar), one teaspoonful of chopped parsley (cooked in vinegar), one chive, one onion, one-half teaspoonful of chopped chervil and fresh tarragon.

Courtesy of Chef M. Bernillon, Ritz-Carlton, Philadelphia, Pa.

CODFISH BALLS

1 cup salt codfish
4 medium sized potatoes
½ tablespoonful butter
1 egg
1 teaspoonful French's Prepared Mustard
⅛ teaspoonful pepper

Wash fish in cold water and pick into small pieces. Wash, pare and cut potatoes in ¼ inch slices. Cook potatoes and codfish in boiling water to cover, until potatoes are soft. Drain off every drop of water, return to kettle; mash. Add butter, egg (well-beaten) and pepper and Mustard. Beat with fork two minutes. Drop by spoonfuls into smoking hot fat. Fry until brown. Drain on paper. Serve with egg sauce.

Mrs. Emly Bleeke.

TOMATO SURPRISE

Take half-dozen ripe, medium-sized tomatoes. Scald them in hot water. Peel the skin and set them in a cool place; when cold, remove the centers of the tomatoes, fill them with smoked beef tongue, chicken and celery cut in small dice. Mix the ingredients with two tablespoonfuls of French's Prepared Mustard and two tablespoonfuls of sweet cream and a pinch of sugar.
Season to taste, and add some chopped parsley. Set the stuffed tomatoes on round platter and garnish with lettuce. Ready to serve.

CONTINENTAL BROWN SOUP

(Serves six people)

2 lb. beef
1 soup bone
1 Onion
2 Carrots
1 cup of peas
1 teaspoon (mixed) French's Rubbed Sage, Savory and Thyme or 1 teaspoon French's Pot Herbs
⅛ teaspoon French's Currie Powder
⅛ teaspoon French's Cayenne
⅛ teaspoon French's Mace
1 French's Clove
½ a French's Bay Leaf

Place meat, cut in small pieces, and bone in 2 quarts of water. Let simmer for one hour; then let contents slowly come to boiling point and boil for several hours. Drain off the thick scum which rises from time to time. Add vegetables and seasonings after the first hour's boiling. Strain the soup and allow to cool. Skim off all fat when cooled. Heat and let simmer for twenty minutes before serving. A dash of French's Prepared Mustard gives additional savor.
Note.—This soup can be thickened by rice, barley or flour.

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